

The Distribution of Holy Communion

Updated September 25, 2020

*As many of you realize, Bishop Barres has given permission for Holy Communion to be distributed **at the customary time** at weekday and weekend Masses, funerals, etc. Since we continue to live with the reality of the COVID-19 virus, **the other important protocols to which we've been adhering since June remain in effect**. Please take time to read the guidelines carefully, and if you have questions, don't hesitate to contact Fr. Brian or one of the parish staff. As always, we are so very grateful for your cooperation and patience in this continually changing time.*

A. What to Expect as the Communion Rite Begins

1. During the "Lamb of God," the Extraordinary Ministers of Holy Communion (EMs) walk forward into the sanctuary, wearing their masks, and immediately sanitize their hands. They take their usual positions behind the priest (and deacon).
2. Having recited or sung the "Lamb of God," the priest consumes the Eucharist in the usual way. Having done so, he puts on a surgical mask or cloth facial covering, and sanitizes his hands. If need be, he may go to the tabernacle to retrieve the Blessed Sacrament.
3. The priest gives vessels of consecrated hosts to the EMs. The EMs do not receive the Eucharist themselves at this time, but will wait until after having distributed it to the congregation.
3. The priest (deacon and other ministers) step down from the altar to their Communion stations. Next to each minister is a small table, on which have been placed a corporal, and hand sanitizer.

B. Distribution of Holy Communion

1. To maintain proper social distancing, tape marks where people should stand or stop while on line for Communion are found on the floor. Please follow the instructions of our ushers in coming forward.
2. Those receiving Communion should only remove or lower their facial coverings immediately before receiving the host.
3. The priest, deacon or other ministers may not wear gloves while distributing Holy Communion, nor may parishioners wear gloves as they receive.

4.** Those receiving Communion do so in the normal way. If the minister senses that his or her fingers have made contact with a person's hand or mouth, he/she pauses, sets down the ciborium on the corporal, and uses hand sanitizer. He/she may repeat this process as often as necessary until all have received. It is not necessary, however, for him/her to use hand sanitizer **between each communicant**, unless he/she makes physical contact.

5.** In an attempt to minimize physical contact, those receiving Communion should extend their hands in the proper way, and as "flatly" as possible. Cupping one's hands or curling one's fingers in not helpful. Those receiving on the tongue (see Section C), should open their mouth wide and extend their tongue fully.

6. When distribution is finished, the priest and other ministers return to the altar, where the EMs receive the Eucharist.

7. Having removed his mask, the priest continues with the closing prayer and final blessing.

C. Communion on the Tongue

1. Although one may receive either in the hand or on the tongue, the weight of medical opinion sought by the Diocese is that **it is safer to receive in the hand**. Therefore, those who normally receive on the tongue are *strongly urged to receive in the hand* for the time being. That being said, no one will be denied being able to receive on the tongue if they so choose.

2. Because reception on the tongue increases the likelihood of physical contact between the priest or minister and the communicant:

(a) It is recommended that the minister use hand sanitizer after **each** communicant who receives on the tongue;

(b) Those receiving on the tongue should wait to come forward **at the end of the Communion line**, since the priest will be needing to sanitize his hands between each individual; and

(c) Those receiving on the tongue receive from **the priest only**, so that our Extraordinary Ministers are not placed in an uncomfortable position.